

The Norwalk Patriot

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12040 Foster Road, Norwalk, CA 90650

Shared Stories: The Ties That Bind Ronald Gonzales-Lawrence seeks seat on Water Replenishment District Board

Kaci Cooper's reflection on the meaning of a text message from her son prompted this tongue-in-cheek essay on motherhood. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

"Mommie Dearest" by Kacie (Kathy) Cooper

How does a mother ever really know if she is doing a good job as a mother? Well, there was that movie about Joan Crawford as a mother in real life, "Mommie Dearest," and let me tell you, that did not paint a great picture of motherhood. Something to do with wire hangers, but I can't quite remember the details right now.

So where can a mother go to find out how good a job she's doing? My advice? Well, don't ask your children. "Mommy Dearest" was written by Joan's Crawford's daughter.

Since I got a cell phone things have changed in my life. I texted my youngest son Benny last week and said, "How are you doing, Sweetie?" To which he sent a reply text, "Hi, Mother Dearest. I'm fine. How are you?"

"Huh? Mother Dearest?" And though they were endearing words, I thought of Joan Crawford. Had my son seen the movie? I didn't ask. It seems I'm better off living in oblivion.

I grew up during those wonderful years in the 1960's when children were to be "seen and not heard." I was determined my children would be both seen and heard. What a mistake...now they won't shut up.

Why did I do that? Because being a mother is all about making sacrifices. Now I am still the one being "seen and not heard." I guess it's what they refer to in the Lion King movie as the "circle of life." I've learned so much about mothering just from watching movies.

Last month my four kids, two grandkids, and I went camping at a wonderful little camp site. While in the pool racing laps with my oldest son Tony, I got a bit brave. We discussed his childhood.

The only part I really remember was when he told me, "Mom...you did the best you could."

I immediately set him straight, "No Tony! I did the best!"

"You did the best you could, Mom."

"I did the best!"

"You did the best you could, Mom."

"I did the best!"

This debate went on for about an hour. It was interesting. It felt like I was back on the debate team at Excelsior High School. It was really fun. No, really.

I've heard that saying "You did the best you could" many times and I hate it. It implies that under the circumstances, you only did certain things because that was all that was possible and there was actually no way you did it right.

Forget that. I feel I was a great mother. Now sometimes I think the only people I have to convince are my offspring.

Perhaps I have learned more about being a good mother just by being around my grandkids. Even though I want to give advice to their mothers on how they should be raising their kids, I have learned to hold back on my expertise on child-rearing. Isn't that proof that I must be doing a good job? I think so. I don't think they'd appreciate it anyway. They probably have the same idea that I had growing up.

They'll raise their kids just the opposite of how they were raised. It's human nature, I guess.

Don't be fooled. My kids had a great upbringing. And besides, we never owned any wire hangers.

Not every woman can be a great mother. But if she values her kids and lets them be heard, that's a start. And don't worry about it. If nothing else, try living in oblivion, like I do. Oh! There's actually a movie by that name. It's cool. You ought to rent it sometime.

By Christian Brown
Editor

NORWALK – Ronald Gonzales-Lawrence, a senior aide to Assembly Speaker Anthony Rendon (D-Lakewood) and a former school trustee from Norwalk, announced this week that he will seek the Division 5 seat on the Water Replenishment District board of directors.

On Monday, he filed paperwork with election officials to run.

"The drought has made everyone aware of the value of water in our lives, and the importance of conservation," said Gonzales-Lawrence in a statement. "More than ever, Californians understand the need to reduce and save water."

As a member of Rendon's staff since 2012, Gonzales-Lawrence said he's worked with local agencies and water advocates on legislation, including bills that ensure that water agencies operate with transparency and good governance.

"Water is an increasingly important issue in our community, and it requires leaders who are thoughtful and committed to open government," he said.

"I look forward to talking with voters about water and their thoughts and ideas about water issues."

The WRD manages groundwater for nearly four million residents in more than 40 cities of southern Los Angeles County.

The board members ensure that a reliable supply of high-quality groundwater is available through clean water projects, water supply programs, and effective management principles.

The 5th Division of the WRD includes the cities and communities of Bellflower, Carson, Compton, Downey, La Habra Heights, Norwalk, Paramount, Pico Rivera, Santa Fe Springs and Whittier.

Currently, Division 5 is



represented by Albert Robles, who was first elected in 1992.

Director Robles -- who is the most senior member on the board -- has a master's degree from the University of Southern California and a Jurist Doctorate Degree from the University of California, Berkeley. He is now chair of the WRD Finance/Audit and Capital Improvement Projects (CIP) Committees.

Gonzales-Lawrence has received the endorsements of numerous elected and community leaders, including:

- Assembly Speaker Anthony Rendon
- Assembly Majority Leader Ian Calderon
- California State Treasurer John Chiang
- La Habra Heights Mayor Kyle Miller
- Norwalk Mayor Mike Mendez
- Santa Fe Springs Councilmember Joe Angel Zamora
- Whittier Councilmember Bob Henderson
- Whittier Councilmember Josue Alvarado
- Bellflower Councilmember Juan Garza
- Paramount Councilmember Diane Martinez
- Downey Councilmember Fernando Vasquez

From 2007-2011, Gonzales-Lawrence served as a board member on the Little Lake City School District.

"By the time I retired from the board, five out of nine Little Lake schools achieved California Distinguished School status," he said.

Gonzales-Lawrence attended Rio Hondo College where he majored in political science and child development. He studied liberal arts at Mount St. Mary's University and public administration at the University of La Verne.

American Heart Association honors NLMUSD school for fundraiser

NORWALK – The American Heart Association presented Escalona Elementary School principal Bonnie Lytle with a plaque of appreciation in June for her school's efforts in raising more than \$11,000 during their February Jump Rope for Heart event.

Escalona was one of only 10 L.A. County schools to receive an award of appreciation.

"This is a tremendous honor that I accept on behalf of the District," Lytle said. "We have all been touched in some way by someone who has heart disease, and that includes our students, who were inspired to go out into their community and fundraise with their families and friends."

This year, 12 Norwalk-La Mirada Unified schools – Cesar Chavez, Dolland, Dulles, Eastwood, Escalona, Foster Road, Johnston, La



Sanchez Elementary School students jump rope to fundraise for the American Heart Association, as part of their February Jump Rope for Hearts event. NLMUSD schools received \$1,200 to purchase new PE equipment for participating in Jump Rope and Hoops for Heart events.

Pluma, Lampton, New River, Nuffer and Sanchez elementary schools and Benton, Corvallis, Hutchinson and

Waite middle schools – participated in the Jump Rope and Hoops for Heart program, raising nearly

\$28,000. All donations go to the AHA for lifesaving cardiovascular research and programs.

"This is a wonderful program for our schools because our students learn the importance of giving back to their community at an early age," NLMUSD Superintendent Dr. Hasmik Danielian said. "We value our partnership with the American Heart Association and applaud the efforts of our participating schools."

Escalona set a goal of raising \$10,000 for the AHA at the beginning of the school year. After attending an introductory assembly, students spent several weeks canvassing their communities for donations, eventually exceeding their goal.

During the event, the entire school watched students from every grade jump rope to energizing music with parents and – much to the

delight of the students – teachers joining in. Prizes were awarded and the student who could jump rope the longest was crowned "Jump-Off" champion.

Corvallis Middle School students promoted their Hoops for Heart campaign by dressing up in costumes and raised nearly \$900 in donations.

"It is an honor to work with the Norwalk-La Mirada School District," AHA Senior Director Kyle McCauly said.

"Their focus on wellness and building the whole child is what is needed to win the fight against heart disease, which is the number one cause of death in the United States."

NLMUSD schools received \$1,200 to purchase new PE equipment for participating in Jump Rope and Hoops for Heart events.

Tammy Ashton running for Cerritos College board of trustees

■ **POLITICS:** Wife of Downey Councilman Sean Ashton eyes seat on Cerritos College governing board.

By Alex Dominguez
Contributor

NORWALK – Tammy Ashton has officially announced her intent to run for Cerritos College Board of Trustees – District 2.

According to Ashton, she was inspired to run when she looked into opportunities to be involved at the school after one of her sons decided to attend Cerritos College after graduating from Warren.

"Dylan always struggled with school, so I thought living in Downey and being familiar with the Downey schools, I know that the stuff that's gotten my children through school is parent involvement," said Ashton. "So I wanted to reach out to Cerritos College and see what volunteer opportunities were available."

While looking for such opportunities, Ashton discovered the open position in this year's election for District 2. According to Ashton, the largest portion of Cerritos's Board of Trustees District 2 is Downey.

"I thought it was a shame that Downey wasn't better represented

there..." said Ashton.

Ashton has been a resident of Downey for over 40 years. During her time in the city she has volunteered for Keep Downey Beautiful since 2009, been a Downey Assistance League volunteer for over six years, and been involved in PTA at Imperial Elementary, Old River Elementary, Stauffer (West) Middle, and Warren High Schools.

She is also wife to City Councilman Sean Ashton.

Ashton is also a Downey High alumni. She continued her education receiving her Associates Degree in General Studies at Cerritos, her Bachelors

of Arts in Psychology from Cal State University Long Beach, and her Juris Doctor from Glendale University College of Law.

According to a press release sent out by Ashton, her background as an executive for companies such as Nestle Corp., Grossman Burn Center, and The Downey Patriot allows for a diverse and firm understanding of issues that students will need to be prepared for once their education is completed.

The release also states that her legal background allows for a firm understanding of collective bargaining agreements, contracts, and negotiations.



Tammy Ashton

For more information, visit www.facebook.com/ElectDr.Tammy4BoardofTrustees.

The election will take place November 8th.

Weekend
at a Glance

Friday 94°

Saturday 86°

Sunday 87°

THINGS TO DO



Halloween Festival

All weekend - Long Beach Convention Center

A celebration of Halloween, haunts and horrors. Panel discussions, presentations, and more. \$30



OC Fair

All weekend - Orange County Fairgrounds

Food, concerts, carnival rides, games, sports, and more. \$12 admission (cheaper for kids)



National Dance Day

Saturday - Grand Park, 10 a.m. - 2 p.m.

Watch performances by some of L.A.'s up and coming dance teams and take short dance classes for all ages.



Hocus Pocus

Saturday - Brand Library Park, Glendale 5:30 p.m.

A screening of the 1993 classic film, food trucks, and live music. Advanced tickets, \$13 for adults.



A Chorus Line

Sunday - Hollywood Bowl 7:30 p.m.

Watch the groundbreaking musical about an aspiring Broadway dancer.

FROM OUR FACEBOOK

Norwalk-La Mirada Unified passes \$200M budget

Terry Norman: Amazing 85% goes to salaries and benefits....hmmm who's getting a raise. Wow did I get a raise to help pay for this.... uhh no.....did anyone vote on this from the community or is this another one of Brown's fees passed to pay for this?

Adan Tellez: But it's for the kids (sarcasm)... go ahead and steal my money (sarcasm)... taxation is theft..

David Lauderdale: Looming deficits ?? Are you freaking kidding me ?? They just took \$300+ million.. Perhaps the academically challenged members of NLMUSD should have better chosen to use that money in the classroom, instead of building new football stadiums.. I'm just saying...

Reach us on Facebook at: [Facebook.com/NorwalkPatriot](https://www.facebook.com/NorwalkPatriot)



Norwalk residents shared concerns with local law enforcement from the L.A. County Sheriff's Department last Saturday morning during the regular "Coffe with a Cop" event at Pepe Jones Cafe.

Commentary: Trekking through Yosemite with the help of a rental car and -- yellow mustard

This is the fourth installment of a summer series of adventures and vacations, near and far, that utilize public transportation.

By Raul Samaniego Contributor

entrance fee, we drove the hour to our, "first come, first serve," campground called "Bridalveil Creek," elevation, 6,200 feet.

Well, we were a day ahead of our schedule, so we drove out to Glacier Point for a view of the world famous Half Dome.

That is exactly what it is. As a result of the force of millions of tons of ice carving away half its face, we were in awe as it was the first thing to clear the pine trees as we entered the parking lot.

After a tough night at the high elevation camp with thigh cramps, I made the decision not to make camp on Thursday near the higher elevation wonder, Tuolumne Meadows.

With this Diabetes I have, there seems to be a correlation between elevation, exertion and cramping. I hate it.

My latest remedy is, believe it or not, a spoonful of mustard. That's right, plain old mustard.

The internet says that there is some truth to the myth about a spoonful of the yellow gift to the American icon, the hot dog.

So, after a night of waking every two hours to thwart off a cramp, gulping down water and expelling my last intake into my portable urinal, I decided to head to the Yosemite Valley, join the crowd and buy my yellow savior.

In the words of that great philosopher, Elmer Fudd, "What do you know, the stuff works."

Or so it seems to work. Whatever, now to find a way to have access to the yellow remedy during the night.

Hmm, they say absolutely NO FOOD in the tents in bear country. Death by cramps or death by bear attack?

Next time: "To raft or not to raft the Merced River"



Norwalk City Mayor Mike Mendez and the Norwalk Chamber of Commerce helped open up the city's newest business Norwalk Loan Co. in a ribbon-cutting ceremony on Monday.

New principal to lead Bellflower's Mayfair Middle and High School

BELLFLOWER – Julie Stanley, the new principal of Mayfair Middle and High School, brings a well-developed competitive spirit to her post.

For the last 15 years, she's helped Mayfair's sister school, Bellflower High School, pursue excellence in its history classrooms, on the softball field and in preparation for the state's new computerized-testing system. Now, Stanley will focus her passion for success on the students of Mayfair Middle and High School. She was promoted to the position in July.

"I'm extremely excited," Stanley said. "When you look at championship programs, teams or companies, they focus on sustaining excellence. There is an excellent foundation at Mayfair. We want to continue to move up our own level of success, with continued excellence in the classroom."

Indeed, Mayfair posted a 95.4 percent graduation rate in 2014-15, up from an already stellar 94.4 percent in 2013-14. The rates for Hispanic and socio-economically disadvantaged students parallel the school's overall rate, and the rate for English learners climbed more than 4 percentage points in a single year.

Stanley said the key to



sustaining excellence is never being satisfied with your current level of performance.

"You can be an All-American but you can always be better at something. We can always continue to grow as teachers, instructional leaders, which in turn will translate down to our students. First and foremost, we are student driven," she said.

Stanley knows all about being an All-American. She was named an All-American while leading the UCLA Bruins softball team to a national championship in 1999. Stanley was named MVP for the championship series and will be inducted this fall into the UCLA Athletics Hall of Fame.

She joined Bellflower Unified as a teacher after a brief stint in the pros, and has worked for the District ever since.

YOSEMITE VALLEY – After surviving the ordeal at Doheney State Beach and the trip to Seal Beach, I now find myself looking almost straight up at the sheer granite cliffs left over from the last ice age.

While I didn't take public transportation to get to this natural wonder of the world, I do regret leaving the 'Raulmobile' at home, for I sure would love riding on my bike through the Valley.

Never mind the 90-plus degrees on the floor of the Valley; it is amazing here.

I made this trip with my sister Eva in a sort of last hurrah for the summer, coinciding with her birthday next Monday, Aug. 1.

We rented a car and headed north Monday night arriving at our first day's stop, a small campsite in the Bass Lake area called Soquel.

The three or four-inch clearance of the rental car was doing well until I hit our first (and last) river crossing.

Sorry, my "can do" attitude knew that there was no way the temporary 'Raulmobile' was going to make it across that river.

We backtracked to Highway 41 and proceeded to the National Park entrance just north of the spot on the map called, "Fish Camp."

Heaven, right? For this angler, I always wondered why the name. I still don't know.

After paying the seven-day, \$30

Norwalk residents plan to stand against crime at 'National Night Out'

NORWALK – In conjunction with its Summer Concert Series, the city of Norwalk will host its annual "National Night Out" event on Wednesday, Aug. 3 from 7 to 9 p.m. on the Civic Center Lawn, located at 12700 Norwalk Boulevard.

"National Night Out" is a community-building campaign launched by the National Association of Town Watch (NATW). Each August, residents across the country come together to strengthen neighborhood spirit, support local crime prevention and build police-community partnerships to enhance safety and improve quality of life.

This year, Norwalk has collaborated with local agencies, including the L.A. County Fire Department, Metropolitan State Hospital, L.A. County Sheriff's Department, California Highway Patrol, Helpline Youth Counseling, Cerritos College Police Department, and local military forces, to provide safe and crime prevention resources to residents.

Special appearances will be made by "McGruff" the crime fighting dog and Public Safety's "Rocky the Raccoon." Parents will also have the opportunity to have their children fingerprinted by Public Safety Cadets. In addition, popular Latin R&B band Soto will take the stage as the evening's featured performers.

For more information, contact the Department of Public Safety at (562) 929-5732.

Governor Brown signs Senator Tony Mendoza's bill to prevent wage theft

SACRAMENTO – A measure, SB 1342, authored by Senator Tony Mendoza (D-Artesia) that would protect workers by paving the way for a statewide mechanism at the local level to fight wage theft, was signed by Governor Brown on Tuesday. The bill will go into effect on January 1, 2017.

"I thank Governor Brown for signing SB 1342," said Senator Tony Mendoza. "This bill protects hard-working Californians by clarifying the ability of cities and counties to investigate non-compliance with local wage laws."

"As cities and counties in California move to raise the minimum wage, we must ensure that our low-wage workers, who already face many challenges, receive the pay that they have earned," added Senator Tony Mendoza.

Fifteen cities in California have passed minimum wage ordinances going beyond the State-mandated \$10 an hour. In many cases however, employers do not obey these laws.

For example, San Francisco City and County have passed ordinances to raise the local minimum wage to \$12.25 an hour. Additionally, they have set a precedent by creating an Office of Labor Standards Enforcement to uphold these laws and address the shortfall in local wage enforcement.

In Los Angeles County, which possesses a population more than 11 times larger than San Francisco County, workers are denied over \$26 million a week in earned wages, but have no local investigative mechanism to assist them.

SB 1342 strengthens the law by permitting a board of supervisors of a county or the legislative body of a city to investigate wage theft.

Specifically, it allows cities and counties to delegate their administrative subpoena authority to a county or city official to investigate allegations of wage theft.

Currently the California Division of Labor Standards Enforcement (DSE) is the primary entity charged with examining wage theft cases. SB 1342 also assists in enabling counties and cities to partner with State and Federal officials in wage theft investigations.

Wage theft occurs when an employer does not pay a worker all of his or her earned wages.

This includes unpaid minimum wage, unpaid overtime, and off-the-clock work. Wage theft among immigrant and low-wage workers is pervasive statewide and hurtful to workers and their families. It reduces the take-home pay of workers, contributing to food insecurity, and unstable housing, amongst other issues.

Local governments across the state have raised their local minimum wage. Wage enforcement resources have not kept pace with the scale of wage theft in California. SB 1342 helps address this lack of enforcement.

Thieves steal metal track from Downey rose float

DOWNEY – The Downey Rose Float Association is asking the public's help after a critical piece of track used on the float was stolen this week.

Construction is already underway on Downey's 2017 entry in the Tournament of Roses Parade.

The float, titled "The Gold Rush," will feature a full-functioning roller coaster.

A section of track was stolen from the Rose Float's secured site earlier this week. The stolen track features an elevated "bump."

"It was extremely disappointing to find one of the pieces missing," said construction chair Kelley Roberts. "The construction crew stopped working on building the float to look around the grounds and see if it was a prank."

"This piece of track will be a minimum \$1,000 to rebuild."

The Rose Float Association is asking anyone who may have the track to return it to its location. Donations are also being accepted.

For more information, call Sue England at (562) 889-1828 or Jennifer DeKay at (562) 714-5658.

Senior Lobby Olympics opening

NORWALK – Compete in many competitions or cheer on your favorite sports Friday, Aug. 5 through Friday, Aug. 19 during the Senior Center's Summer Lobby Olympics. The event is free and open to individuals 50 years of age and older. Opportunity raffles will be held at the end of each game.

The Norwalk Senior Center is located at 14040 San Antonio Drive. Contact the Center at (562) 929-5580 information.

Norwalk seniors invited to monthly candlelight dinner

NORWALK – On Tuesday, Aug. 9, the Norwalk Senior Center will host a Summer Barbecue, featuring chicken and pork ribs, potato salad, garlic bread, fresh fruit, dessert and beverage and coffee.

Event tickets are \$6.50 per person if purchased before Saturday, Aug. 6 and \$8 per person if purchased after Aug. 6.

The last day to purchase tickets is Monday, Aug. 8.

Doors open at 5:15 p.m., with dinner served from 5:45 to 6 p.m. Opportunity drawings will take place throughout the event, with fun activities for attendees offered after dinner.

Tickets will not be sold on the day of this dine-in only event. Themed candlelight dinners are held on the second Tuesday of each month for seniors 50 years of age and older.

The Norwalk Senior Center is located at 14040 San Antonio Drive. Contact the Center at (562) 929-5580 to purchase tickets or for more information.

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TRANSCRIPT: Rep. Linda Sánchez's remarks at the Democratic National Convention in Philadelphia

We are here at the historic Democratic convention to nominate Hillary Clinton the next president, and Tim Kaine the next Vice President of the United States.

I want to share a little bit of my story because it's an American story. It's the story of millions of Latinos and Latinas across this country. I'm the daughter of immigrant parents from Mexico. They came to this country too and worked hard every day to provide for me and my brothers and sisters.

My father, Ignacio, was an industrial mechanic, and my mother, Maria, became an elementary school teacher after raising a family. They own their own homes, they sent all seven of their children to college.

My mother and father saved and sacrificed to achieve the American Dream for our family. They weren't given their success, they earned it.

Donald Trump believes that Mexican immigrants are murderers and rapists.

Let me tell you what my parents are. They are the only parents in our nation's two hundred and 65-year history to send not one but two daughters to the United States Congress.

Like my parents, Hillary Clinton believes the United States is a country where people of all backgrounds can make a home and a better life. But that America isn't possible if we allow Donald Trump and his Republican party to build a wall that divides us.

I stand here tonight as the Chair of the Congressional Hispanic Caucus,



and a proud Congresswoman from California, but most importantly, I'm here as a mom.

We all want what's best for our kids. We want our children to grow up to be healthy, successful, and kind hearted. Our job is to nurture them and be good role models for them to follow as they grow. Now, I'll be the first to tell you that being a parent is hard, but Donald Trump is making it a whole lot harder.

He has taken the low road time and time again. He's been vulgar, and he's been intolerant, or as we say in Spanish, "un sinvergüenza." He peddles fear and insecurity to divide the people of this great country. Tell me, what kind of example would we set for our children by allowing a bully to sit in the Oval Office?

We know that our children aren't born

with hate or racism in their hearts. They learn it from watching the world around them, and following the example of the adults in their life.

Too many of our children are watching and learning the wrong lessons from Donald Trump. We've seen it in an Indiana basketball game where a group of white students started chanting, "Build that wall" to players from a predominantly Hispanic high school.

This is the behavior that Donald Trump inspires in youth. A Trump presidency is a signal to our children that we condone this kind of behavior.

Well, that is a message I refuse to accept. Who we vote for says a lot about our values. There are few moments in history that have an impact on the trajectory of the world, and I believe that this election is one

of those moments.

Our children are watching us. Their future depends on the outcome of this race. Do we want a responsible leader, or a loud mouth bully?

Do we want a president who respects women, or who calls them names and devalues them? Do we want a president who appreciates the contributions immigrants make to our country, or someone who vilifies them?

Hillary Clinton is the only choice for president. She is a president we can be proud of. And, Donald, let me just say this, America is great.

It is the country that gave my family the opportunity for a better life, just like all immigrants who came before them. It is because of our diversity that we are the envy of the world. Hillary siempre nos ha apoyado y ella nos necesita! Tenemos que respaldarla y votar en las elecciones en Noviembre!

(Hillary has always supported us and she needs us! We need to support her and vote in the elections this November!)

Hillary Clinton is badass and ready to lead. Let's win in November.

Since 2013, Linda Sánchez has represented California's 38th Congressional district, which includes the communities of Artesia, Cerritos, East La Mirada, Hawaiian Gardens, Lakewood, La Mirada, La Palma, Los Nietos, Montebello, Norwalk, Pico Rivera, Santa Fe Springs, South El Monte, and Whittier.

California Highway Patrol reminds residents to prioritize emergency preparedness

Southern California boasts an array of iconic destinations for all types of travel. Nevertheless, with these various landscapes, it is important to remember that emergencies can suddenly erupt amidst the sunshine and palm trees.

Southern California is infamous for earthquakes, mudslides, and wildfires. When these incidents occur, many Angelinos are faced with road closures, evacuations, and the potential for loss or damage of property. Inclement weather is not something to take lightly. The CHP wants to remind you to prepare for the unexpected. Here are some helpful tips to assist in alleviating some of the hurdles that come with emergency preparedness:

Know the possible hazards in your area- Do you have dry brush around your home? Do you live near an active fault line? Develop an emergency plan - Monitor public safety announcements, know your evacuation routes, and have a rendezvous point. Gather an emergency essentials kit- Make sure you include medication, water, blankets, phone chargers, important documents, etc.

It is imperative that you educate yourself on what to do before, during, and after a major incident. These types of situations can be extremely stressful and chaotic. Therefore, we encourage you to not wait until the last minute to begin establishing a plan and preparing yourself. Protecting life and property is a critical goal of the California Highway Patrol. Help us by doing your part as we work together in raising awareness about emergency preparedness.

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The Norwalk Patriot

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HARD STORIES: THE TIES THAT BIND

An Inflatable Idea

Hard Stories is a weekly column featuring articles from a writing class at the Norwalk Senior Center. Yolanda is a life-long Norwalk resident who likes to see everyone with a smile on their face. In this piece she explores with dramatic flair the feelings of two young girls who find a Frederick's of Hollywood catalogue. The names have been changed to protect the innocent. Contacted by Carol Stearns

NORWALK - While walking home from my junior high school one day I saw a Frederick's of Hollywood catalogue lying on the sidewalk. I was excited to find it, but there were several pedestrians on the street and I felt shy until they moved before I turned back to pick up the forbidden catalogue.

Children my age were "too old for boys and too young for boys." It was the era of liberated women burning their bras; I didn't think "training bras" counted. Still, Frederick's merchandise defined sexy; just what an adolescent, almost blossoming, teenage girl wanted to get her hands on. I could hardly believe that I now owned a coveted catalogue.

I did what came naturally. I ran to my best friend's house to share my miraculous find. Had I been in a parking lot I'd have come in first place. It seemed that I reached Carla's front door in a few minutes. I tucked the catalogue into my sister's waistband and stood with my arms across my waist.

It was difficult to contain my excitement. I was relieved when Carla opened the door instead of her mother. She had a puzzled look on her face when she asked, "Are you alright? You look kinda weird."

"Carla you won't believe what I just found on the street!"
"You found money?"
"No. Something even better. Let's hurry up to your room. Just then her mother called out from the kitchen, "Carla who is at the door?"

"It's just Jane, Mom. We are going to do our homework. Please tell Jimmy to leave us alone."
The kitchen phone rang and her mother picked it up. Carla and I ran up the stairs as if we were being chased by wild dogs.

Carla quickly locked her bedroom door behind us. Her eyes were wide like Betty Boop, she demanded to see what I had found. "Not so fast!" I said. "First close your eyes." I pulled the shiny catalogue from my skirt and held the front cover that had a picture of a Marilyn Monroe look-a-like model wearing a pink and black sequined outfit.

When Carla opened her eyes, her jaw dropped. She let out a loud "WOW!" We both jumped up and down giggling before we fell on her bed.

"Carla, Carla, shhhhhhh, listen." I whispered. The best part is that there's an order form attached inside the pages where we can send a way for a sexy... something."

After the twelfth or thirteenth time pouring over the pages we decided to pull our babysitting money and our allowances to buy a "She'll Be" "We'll Be" co-owners of a bralette that lift and squeeze what little we had on our much femininity as she desired into this wonder undergarment, thus giving her a cleavage that could rival any ever seen sex goddess.

"We will look like movie stars," I promised.
"Yes, yes!" Carla yelled. I smiled as I noticed that she was even more fat chested than I was. We were exhilarated at the potential promises this bra would "fulfill" for us.



Rachel Tagawa and Nathaniel Yu use an iMac inside the Cerritos Library's new teen technology center. The facility officially opens Saturday.

CERRITOS LIBRARY INVESTS IN TECH FOR TEENS

Cerritos Library is excited to announce the opening of a new 2,300-sq.-ft. teen tech studio at city library.

CERRITOS - In an effort to expand educational and creative resources for teenage patrons, the Cerritos Library on Saturday will unveil a new, 2,300-sq.-ft. teen studio, featuring 18 Apple iMac work stations, three 65-inch interactive touch screens, and more than 7,000 books and documents.

City council members on Monday lauded the new state-of-the-art facility as the next generation of technology for the next generation of learners.

"This is not just a library for books, but for learning," said Councilwoman Carol Chen, who initially proposed the concept of a teen studio. "It's not just for reading; it's a whole learning experience with the newest and latest technology -- we want to nurture that in our kids."

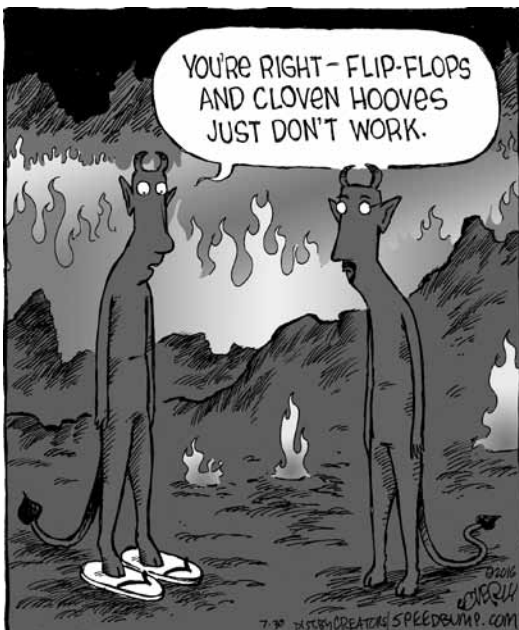
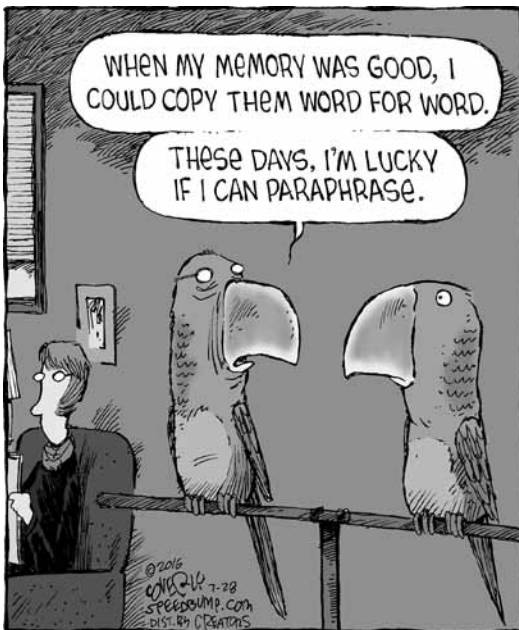
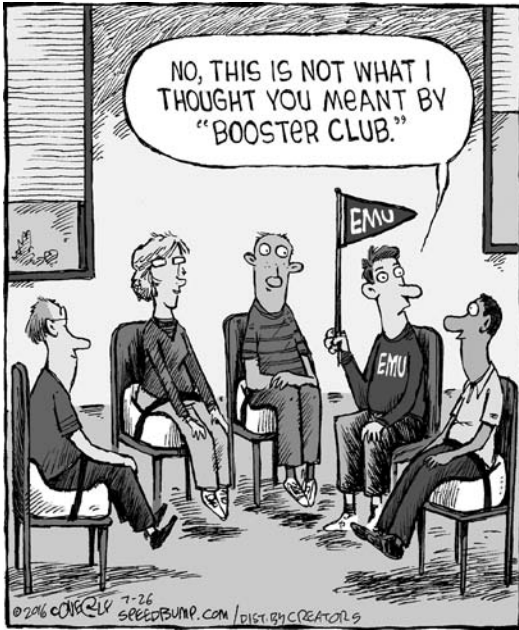
Filled with everything from classic literature and graphic novels to popular books and non-fiction, the teen studio is just as much a library as it is a computerized classroom with space for both group and individual study.

In addition to new iMac computers, the studio center also boasts a 40-inch computer touch screen. "I'm excited to see how it will be used," said Councilwoman Chen. "At a cost of more than \$290,000, the teen studio, which will be approximately 70 people, will be a more open place to do research."

Similarly, junior high school students believe the new facility will help them learn more about the world around them.

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CALENDAR OF EVENTS

WEDNESDAY, AUGUST 3
 7:00 p.m. - 9:00 p.m. - 'National Night Out' - Norwalk Civic Center Lawn

MONDAYS

1st, 6:00 p.m. - Public Safety meetings - Council Chambers

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School
 1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office
 2nd & 4th, - Toastmasters Meetings - Norwalk Library
 1st & 3rd, 6:00 p.m. - City Council - Council Chambers
 3rd, 5:45 p.m. - Housing Authority - Council Chambers

WEDNESDAYS

10:30 a.m. - Woman's Club - Masonic Lodge
 12:00 p.m. - Rotary - Doubletree Hotel
 1st, 12:30 p.m. - Soroptimist International - Soroptimist Village
 1st & 3rd, 7:00 p.m. - Lions Club - Bruce's Restaurant
 2nd & 4th, 1:30 p.m. - Alondra Senior Citizens - Social Services Center
 2nd & 4th, 7:30 p.m. - Planning Commission - Council Chambers
 4th, 11:30 a.m. - Coordinating Council - Arts & Sports Complex

THURSDAYS

1:00 p.m. - Adult color club "Color Us Happy" - Norwalk Library
 7:00 p.m. - Boy Scouts Troop 924 - Norwalk United Methodist Church
 2nd, 7:30 p.m. - Golden Trowel -Norwalk Masonic Lodge
 3rd, 8:00 p.m. - American Legion Post No. 359 - 11986 Front St.

SATURDAYS

2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk
 Have an event you want listed? E-mail news@thedowneypatriot.com

On This Day...
July 29, 1914: The first transcontinental telephone service was inaugurated when two people held a conversation between New York, NY and San Francisco, CA.
1957: Jack Paar began hosting the "Tonight" show on NBC-TV. The name of the show was changed to "The Jack Paar Show." Paar was host for five years.
1981: England's Prince Charles and Lady Diana Spencer were married.
BIRTHDAYS: British actor David Warner (75); TV show host Tim Gunn (63); Professional wrestler Scott Steiner (54); Country singer Martina McBride (50); Author Lisi Harrison (46); 'How I Met Your Mother' star Josh Radnor (42); Race car driver Fernando Alonso (35); Dallas Cowboys quarterback Dak Prescott (23).

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
IN THE MAIL: And in your boxes
 by Gail Grabowski

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ADVERTISING POLICY

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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

ANDIE (20 Across) is short for the middle name of actress Rosalie Anderson MacDowell. The "B" in B-C-E-L-L (24 Across) comes from a bursa in birds where it was first discovered. TABOULA (5 Down) is traditionally made with tomatoes, parsley, mint, bulgur and onion.

Paging Dr. Frischer...

By Dr. Alan Frischer

Just last week, a teacher visited my office with a pink and itchy eye. Pink eye, or conjunctivitis, is spreading through her elementary school classroom.

This is one of the most common, contagious, and (thankfully) treatable eye conditions. There are roughly three million cases in the United States every year.

The “-itis” in conjunctivitis refers to inflammation, in this case of the conjunctiva, the thin, clear tissue that lines the inside of the eyelid. The inflammation makes the blood vessels of the eye more visible, giving the eye a pink appearance.

Pink eye is diagnosed with an eye exam, and your doctor may take a culture of the fluid in the eye if it is a severe case. There are three types of conjunctivitis:

Bacterial conjunctivitis results in a sticky, yellow or green eye discharge. Upon awakening, the eye may feel as if it is glued shut.

Bacterial conjunctivitis is easily spread by direct contact by hands that have touched the eye. It's caused by bacteria, including staphylococcus aureus, streptococcus pneumoniae, or haemophilus. It tends to occur in one eye, and may accompany an ear infection.

Bacterial conjunctivitis typically needs treatment.

Mild bacterial conjunctivitis may get better without antibiotics, but antibiotic eye drops or ointment can help shorten its course, reduce its spread to others, and lessen the risk of complications.

Viral conjunctivitis causes itching in the eye, a watery discharge, and sensitivity to light. It is highly contagious and can be spread by coughing and sneezing. It is usually caused by the adenovirus, and might accompany an upper respiratory tract infection, cold, or sore throat.

Most pink eye cases caused by viruses are mild and will resolve by themselves in a week or two without treatment or lab tests. Antiviral medication may be prescribed for serious cases, including infections caused by herpes simplex, varicella zoster (chicken pox and shingles), or rubella (measles).

Allergic conjunctivitis symptoms include watery, itchy eyes, a runny nose, sneezing, and scratchy throat. It affects both eyes and it is not contagious.

It is caused by allergies to pollen, dust mites, molds, animal dander,

irritants including contact lenses and solutions, chlorine from a swimming pool, smog, or makeup. It often occurs seasonally, during high pollen counts of the spring, or mold in the fall.



Most cases of allergic conjunctivitis are mild and will resolve on their own. Symptoms can be treated with artificial tears for the dryness, and cold packs for the inflammation.

Eye drops and oral medication for allergies may help. More importantly, reduce contact with the allergen (such as pollen, or animal dander).

See your doctor if your pink eye is accompanied by moderate or severe pain or by changes in vision (including sensitivity to light, or blurring), if the eye is intensely red, if the pink eye gets worse, or if it simply doesn't go away.

How can we prevent conjunctivitis? As my teacher patient learned the hard way, viral and bacterial conjunctivitis are highly contagious and spread easily!

Take these preventive steps:

- Wash your hands often with soap and warm water or an alcohol-based hand sanitizer, especially if you have touched an infected person's eyes, bedding, or clothing.
- Avoid touching or rubbing your eyes.
- If you have conjunctivitis, gently wash any discharge from the eye several times each day.
- If one eye is infected, don't use the same eye drop dispenser or bottle for the non-infected eye.
- Don't share makeup, makeup brushes, contact lenses or solutions, or eyeglasses with anyone who is infected. To avoid re-infecting yourself, throw away or sterilize any of these items you may have used while infected.

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center.

Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.



Lloyd Vernis and his team at the Pride Barbershop in Downey gave 108 free haircuts Sunday as part of a homeless outreach effort by L.A. On Cloud 9.

The haircuts were completed in only three hours, a new record for the volunteers.

“This is the most gratifying record I've ever broken thanks to my team and everyone that helped us make this possible,” said Lloyd. “Words can't explain how much this hits home being able to do this in my old stomping grounds neighborhood, MacArthur Park.”

Downey man arrested after 7-hour standoff with officers and SWAT team

DOWNEY -- A Downey man accused of stealing groceries from a Ralphs Supermarket gave himself up Saturday after a 7-hour standoff.

Police were called to the Ralphs store on Firestone Boulevard on July 16 at about 4:30 p.m. after security observed Gerson Acosta-Martinez, 35, place several items in a shopping cart and then leave the store without paying.

Security followed Acosta-Martinez into the parking lot where he allegedly pulled a gun and threatened the security guard to “get back.”

Police said Acosta-Martinez was involved in a hit-and-run fleeing the store and witnesses saw him entering a house on the 8700 block of Cavel Street.

Nearby residents were evacuated while the Sheriff's Department's SWAT team arrived to help Downey police officers. Acosta-Martinez surrendered at about 11:47 p.m. and was booked for armed robbery.



Downey resident Carolina Barbosa was awarded the Girl Scout Gold Award, the highest honor a Girl Scout can earn.

Only 6% of eligible Girl Scouts earn the Gold Award, which requires planning and implementation of a challenging, large-scale project that has a lasting impact on its targeted community with an emphasis on sustainability.

Carolina's Gold Award project was sparked by her volunteer experience at the Our Lady of Perpetual Help Religious Education program here in Downey.

Because of this experience, she took on the challenge of creating an entirely new teen program at the St. Linus parish in Norwalk.

The new teen assistant program was meant to not only aid the religious education teachers in the classroom, but to help the children be more engaged in their lessons, while allowing teens to play a larger part in their church community.

Hector Lujan is running for Downey City Council

■ **CITY COUNCIL:** Hector Lujan is an assistant principal at Paramount Adult School.

By Eric Pierce
Editor

DOWNEY – Downey planning commissioner Hector Lujan confirmed last Wednesday he intends to run for City Council this November.



Lujan seeks to represent District 1, which covers south Downey, roughly south of Stewart and Gray Road and east of Brookshire Avenue.

The seat is currently held by Luis Marquez but he will be termed out of office later this year.

Lujan, 48, is an assistant principal at Paramount Adult School. Prior to that he was Dean of Students at Paramount High School for four years, worked in Student Services in the district office for five years, and was an elementary school teacher at Roosevelt Elementary for 16 years.

His wife, Cheri, is an elementary school teacher. They have two sons, Mark and Hector Jr.

Lujan was appointed to Downey's Planning Commission in 2010, where he helped approve several large-scale developments, including the Downey Promenade shopping center and the 117-unit townhome complex on Paramount Boulevard.

“We pride ourselves as being

a business-friendly group but also taking into account the citizens of Downey,” Lujan said.

Lujan has been active in Downey youth sports groups since 1994, serving as a coach, manager and commissioner with Downey AYSO.

“As the commissioner, I led the organization of 1,800 players, 200 coaches, 100 referees, and 50 additional volunteers,” he said. “Not only was I their commissioner, I was out there painting fields, putting up nets, pulling weeds from the fields, filling holes with dirt [and] purchasing snack bar supplies every Saturday during the fall season.”

Lujan was also a baseball coach with West Downey Little League (he was voted Coach of the Year one season) and served on the board of Paramount Pony Baseball League.

Lujan currently serves as co-president of the St. John Bosco High School Parent Association, having served on the board since 2010. He was team captain for Paramount Relay for Life, raising just under \$3,000.

“If elected, I will do everything possible to continue to look out for the residents and the businesses in our entire community,” Lujan said. “Moving forward by seeking ways to ensure safety for our district will be one of my goals. I will encourage the city staff to find ways to keep the city budget balanced. You will see transparency from me.

“I moved into Downey in 1997 and chose to live in our same home in order to raise our two sons. As an educator with experience, I will make sure that District 1 is well represented.”

La Mirada Theatre for the Performing Arts releases 2016-17 season schedule

LA MIRADA – The La Mirada Theatre for the Performing Arts has released its 2016-17 season schedule and it includes favorites such as “The Hunchback of Notre Dame,” “West Side Story” and “Man of La Mancha.”

Below is the full schedule:

“The Hunchback of Notre Dame”
Sept. 16 to Oct. 9, 2016

A bold, highly-theatrical take on the moving tale of the scorned bell-ringer Quasimodo, the beautiful gypsy Esmeralda, and the dashing Captain Phoebus in 15th-century Paris.

“Lend Me a Tenor”
Oct. 21 to Nov. 13, 2016

Set in the 1930s, Lend Me a Tenor is a madcap, screwball comedy that takes place when Tito Merelli, the fiery-tempered and world famous Italian tenor, arrives to play Othello at a Cleveland opera company. He arrives late and, through a set of crazy circumstances, passes out after mixing wine with tranquilizers. Believing that the divo is dead, the excitable opera manager taps his hapless assistant, an aspiring singer named Max, to suit up as the Moor

and replace Merelli. Meanwhile, the tenor's jealous wife, his ambitious female co-star, Max's young girlfriend, and the flirtatious head of the opera guild are on the scene fighting—sometimes literally—for the star's attention. A sensation on Broadway and in London's West End, Lend Me a Tenor is guaranteed to leave audiences teary-eyed with laughter.

“The Last Five Years”
Jan. 20 to Feb. 12, 2017

In his intimate musical, The Last Five Years, Jason Robert Brown paints a vivid picture of the five-year relationship between young, ambitious author Jamie and Cathy, a struggling actress. The show unfolds in reverse chronological order. Cathy's experiences are portrayed from the painful end of the relationship, while Jamie's are portrayed from the passionate beginning. Since its Off-Broadway premiere in 2002, Brown's funny, poignant, and devastatingly honest two-person musical has enraptured audiences around the world with its spellbinding, emotional score, and libretto.

“West Side Story”
April 21 to May 17, 2017

From the first notes to the final breath, West Side Story is one of the most memorable musicals and greatest love stories of all time. Arthur Laurents' book remains as powerful, poignant, and timely as ever. The score, by Leonard Bernstein and Stephen Sondheim, is widely regarded as one of the best ever written. The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theatre's finest accomplishments. Shakespeare's Romeo and Juliet is transported to modern-day New York City, as two young idealistic lovers find themselves caught between warring street gangs, the Jets and the Sharks. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-wrenching and relevant musical dramas of our time.

“Man of La Mancha”
June 2 to June 25, 2017

Man of La Mancha is a comic tragedy of mankind's struggle to better both himself and the world in which he lives. Based on The Adventures of Don Quixote, by Miguel Cervantes, the story is both entertaining and very moving, and will warm the heart of anyone whose spirits were ever raised by the prospect of a victory by the underdog. The score is a musical delight, and contains one of the most inspiring moments in musical theatre as Don Quixote relates his personal credo in “The Impossible Dream.”

“Vicki Lawrence & Mama”
May 20 (2 p.m. and 8 p.m.)

At 24, Vicki Lawrence created her most endearing character to date, Thelma Harper, or “Mama” as she is better known to her fans. After the “Carol Burnett Show,” Vicki went on to star in “Mama's Family.”

Ms. Lawrence takes the stage first in this two-woman show. “My show is not a retrospective,” she explains. “It is a mixture of stand-up comedy, music and my observations about real life. I think people will get a kick out of the things Mama has an opinion about. Where Mama is concerned, expect the unexpected.”

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